

WHAT IS CLAIMED IS:

1. A shoulder sling for supporting a wearer's arm at desired angles of abduction and external rotation, the sling comprising:

a support pillow including a contoured medial surface for abutting the wearer's torso, and a lateral surface for operatively contacting and supporting the wearer's arm;

a pouch for receiving and at least partially enclosing the wearer's forearm; and

a plurality of straps for securing the support pillow and the pouch to the wearer; wherein

a distance between anterior edges of the medial and lateral surfaces is substantially greater than a distance between posterior edges of the medial and lateral surfaces.

2. The shoulder sling of Claim 1, wherein the support pillow retains the wearer's arm in a position of approximately 15° of abduction and approximately 15° of external rotation.

3. The shoulder sling of Claim 1, wherein the support pillow retains the wearer's arm in a position of approximately 15° of abduction and approximately 30° of external rotation.

4. The shoulder sling of Claim 1, wherein a first one of the straps comprises a torso strap that extends from the support pillow adjacent the anterior edge of the medial surface to the support pillow adjacent the posterior edge of the medial surface.

5. The shoulder sling of Claim 4, wherein a second one of the straps comprises a chest strap that extends from an anterior surface of the support pillow to an anterior edge of a shoulder pad.

6. The shoulder sling of Claim 5, wherein a third one of the straps comprises a back strap that extends from a posterior edge of the pouch to a posterior edge of the shoulder pad.

7. The shoulder sling of Claim 6, wherein a fourth one of the straps comprises an anti-rotation strap that extends from an anterior edge of the shoulder pad to the support pillow adjacent the posterior edge of the medial surface.

8. The shoulder sling of Claim 1, wherein the pouch is releasably secured to the support pillow lateral surface.

9. The shoulder sling of Claim 1, further comprising a resilient compressible member secured to an anterior surface of the support pillow.

10. A shoulder sling for supporting a wearer's arm at desired angles of abduction and external rotation, the sling comprising:

- a support pillow including a lateral surface for operatively contacting and supporting the wearer's arm;

- a pouch secured to the support pillow lateral surface for receiving and at least partially enclosing the wearer's forearm; and

- a plurality of straps for securing the support pillow and the pouch to the wearer; wherein

- a first one of the straps comprises a chest strap that extends from an anterior surface of the support pillow to an anterior edge of a shoulder pad;

- a second one of the straps comprises a back strap that extends from a posterior edge of the pouch to a posterior edge of the shoulder pad; and

- a third one of the straps comprises an anti-rotation strap that extends from an anterior edge of the shoulder pad to the support pillow adjacent a medial surface thereof.

11. The shoulder sling of Claim 10, further comprising a torso strap that extends from the support pillow adjacent an anterior edge of the medial surface to the support pillow adjacent a posterior edge of the medial surface.

12. The shoulder sling of Claim 10, further comprising a resilient compressible member secured to the anterior surface of the support pillow.

13. A shoulder sling for supporting a wearer's arm at desired angles of abduction and external rotation, the sling comprising:

- a support pillow including a contoured medial surface for abutting the wearer's torso, and a lateral surface for operatively contacting and supporting the wearer's arm;

- a pouch for receiving and at least partially enclosing the wearer's forearm; and

a plurality of straps for securing the support pillow and the pouch to the wearer; wherein

an upper surface of the support pillow includes a straight indicator line that provides a visual cue to the wearer so that the wearer knows when the sling is properly fitted.

14. A shoulder sling for supporting a wearer's arm at desired angles of abduction and external rotation, the sling comprising:

a support pillow including a contoured medial surface for abutting the wearer's torso, and a lateral surface for operatively contacting and supporting the wearer's arm;

a pouch for receiving and at least partially enclosing the wearer's forearm;

a plurality of straps for securing the support pillow and the pouch to the wearer; and

an exercise grip secured to an anterior portion of the support pillow.